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A LEARNING HANDBOOK FOR JOURNALISM STUDENTS



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MONDAY, MARCH 14, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.CA/SPOKE

50TH YEAR — NO. 9

Conestoga celebrates Heart Month

By KATHRYN SCHWARTZ

This February, students spread their hearts to a great cause: Heart Month. The Heart and Stroke Foundation's Impact Foundation, was celebrated across the country and at Conestoga's Dean campus. The campaign is aimed to raise awareness and funds for heart and stroke patients, as well as their families.

According to the Heart and Stroke Foundation's website, more than 100,000 Canadians died from heart disease last year. Heart Month was a huge success: Over 70,000 Canadians gathered across Canada to raise life-saving funds for the organization, and they now have one step closer to reaching \$5 million for research.

"Heart Month is really important to us," said Barbara Stelm, a second-year nursing student. "It reminds me of my grandpa and that I'm glad that the foundation is able to research their goal. I'm really glad the University did something to help."

At the Dean campus, an aside from the fitness and health promotion program spent the month fundraising for the foundation. Students had to choose a lunch option to promote healthy living with: Ron Lee Nutrition and



Student Barbara Stelm

To celebrate Heart Month Conestoga students have also purchased a paper heart. The Heart and Stroke Foundation program students plan on taking more money at their "Lub Dub Derby" Students meeting to participate should see this display in the Café.

her group chose to work with the Heart and Stroke Foundation.

"February rolled around and it is known as heart month," said the second-year fitness and health promotion student. "We took this opportunity to try and promote our event (The Lub Dub Derby) and the Heart and Stroke Foundation by group and red hearts in exchange for a donation. Things like this get our own motto. There are the hearts that are now posted in the hallway."

We wanted to post these hearts up on a high traffic area of the school to show other students and staff how we can come together and help make a change."

Although Heart Month is over, fitness and her group

are still hard at work organizing their event with the Heart and Stroke Foundation. The Lub Dub Derby is an annual paper scavenger hunt that will take place on March 17, during Health and Wellness Week at Conestoga. Students can sign up in teams of two and each foundation will make for the event. While the stars will be following a trail of clues, they will also be participating in a series of fitness challenges.

"We are to put on an event similar to other popular Heart and Stroke events like Jump Rope for Heart and Skips for Heart," said Martin. "Being to a program where promoting fitness and healthy living is a primary goal, we wanted to encourage our students to take our event. We came up with The Lub Dub Derby. Lub Dub because this is the sound we sometimes hear at what we hear heartbeats."

According to the Heart and Stroke Foundation's website, every second Canadian dies from heart disease or a stroke. The Heart and Stroke Foundation is dedicated to eliminating heart and stroke diseases, and with our help, they are slowly on their way to reaching their goal.

Conestoga employee named top 40 under 40



Photo by Paul Smith

By PAUL SMITH

A Conestoga College Student Life programme was one of three Conestoga employees and graduates to receive a Western Magazine top 40 under 40 award.

Ryan Connell was the second for his work on Conestoga College's Impact campaign, the yearly United Way initiative and for being one of the Dean's Day idea in the campus.

"It's honouring to be seen as a leader, but I think everyone is a leader through their everyday actions," said Connell. "I see my job as building communities in the college."

"Conestoga isn't always seen as a community because it's surrounded by

higher schools. It's good to see Conestoga being recognized as a community in itself."

He said the top four was of his top goals since he started working for the college after graduating from the joint journalism program in 2008.

Other Conestoga employees and graduates honoured were Theresa Chan, 34, a graduate of the early child hood education program, and Barbara Hinch, co-ordinator of the pre-service third-grade program. Connell was recognized for his work as a protection support worker with Family and Children's Services of Waterloo Region, and for organizing a fundraiser walk that raised \$1,800 for

the Frederick Community Centre, along with other local initiatives.

I think everyone is a leader through their everyday actions.

— Ryan Connell

Connell was for his work with "Good News Can Cook," of which he is in charge which has raised \$60,000 for children's charities since 2008.

The full list of top 40 under 40 recipients can be found at the Western Magazine Event at www.thewestern.com

Ryan Connell is a Conestoga College Student Life programme, was a top 40 under 40 award for his work building the college's community.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is the weirdest thing you'll admit to doing in the past?



"I was dared to wear a Speedo downtown on Canada Day 2008 ... on camera."

August Marzola,
third-year
architecture engineering

"I did a strip tease on stage for a competition in Mexico."

Pat Baughin,
first-year
industrial engineering



"I got on stage at Carleton in the Square, and reggae for the Foster Fish Boys. They were very impressed."

Sam Isari,
second-year
kinesiology

"I did the Polar Plunge a couple of weeks ago."

Ron Bessette,
second-year
civil engineering



"I fell 30 feet out of a tree while trying to get up and wipe my face with my shirt."

Chris Smart,
second-year
computer programming

"I completed the mechanical test at Carleton."

Bryce Whitway,
second-year
mechanical and health professions



Conestoga: you could be our next newspaper



When it comes to the flu bug or cold, it's a common misconception that the more medicine the better. Many pharmacists and consumers say that the key to recovery is drinking plenty of fluids and getting as much rest and sleep as you can.

Be careful when taking cold medicine

By MARIE MATTHEW

laying in bedly around the corner, but are you still trying to get over that lingering cold?

It's a rarity to find a person who hasn't suffered, or is still suffering, from a cold or the flu this year.

But, with the first official day of spring set for March 20, you can put the Kleenex and Vicks VapoRub away for now at least.

However, some are still feeling the effects of the common cold and may even get sick again due to the change of season and temperature.

So what is the best way to beat the common cold? Although Tylenol Day and Night, Advil and Buckley's are common treatments, one drug is said to trump all the others.

"Cold FX does seem to relieve cold symptoms. The best thing is to get plenty of rest and drink fluids to keep

your body strong to fight the flu and cold," said Sherry Penner, former president of the Ontario Pharmacists Association.

Cold medicines each have their own recovery process, many of which include more rest, drinking fluids and sleep.

"I drink a lot of fluids, take Motrin and other stuff. I also sleep a lot because really sleep is the main cure," said Michael Luthi, a first-year pharmacy management student.

However, drinking lots of fluids is often forgotten as many rely heavily on medicine to combat their illness.

"This strategy could do more harm than good."

"Overusing medication is never a good idea. You can build up a resistance to our two medications or cause problems with your health when using excessive medicine," says Penner. "You can find a cough and cold product," said Penner.

You should also be aware that many medications are short-acting.

"Combination products should be avoided. You only want to treat a certain symptom you have and not use a shotgun approach," Penner said.

Another reason why many tend to over-medicate this time of year is because they need the sleep and are cold medications in a sleep aid. This strategy can also be very dangerous.

Sleep aids can become addictive. Products at Tylenol Cold are designed to help as well as antihistamines, which cause the drowsiness. Decongestants can cause stimulation in the body and get your heart racing. "If you have high blood pressure, decongestants can be dangerous," said Penner. Instead, many drink lots of fluids and take the proper amount of medicine to soothe your flu or cold.

Local News



Tutoring available for struggling students

By MARY LIVERNICE

Sometimes no matter how hard you study, some things just do not make sense.

Students who are struggling with courses in their program can receive support and guidance from the peer tutoring services offered by Conestoga's Learning Commons.

"Students who request a tutor benefit from being matched with a student who has already completed the course and got excellent marks and is a good communicator," said Ram Khogeeran, the peer service coordinator.

"They communicate the material in a different way than the teacher and may be



Photo by Rachel Lefebvre

Tutoring services are available for all students having trouble with their studies. The services are offered in the Learning Commons located in the upper stories in the Student Life Centre.

Although tutors are not there to give direct answers

or content for school work, they are there to provide knowledge of a subject and understanding of any concepts to successfully complete an assignment.

All Conestoga students are eligible for help and may sign up for two contracts per semester. One contract consists of six hours with a tutor, scheduled as one- or two-hour sessions to be used over six weeks. There is a fee of \$10 when signing up for the service.

The tutors provided are repeat students who have been recommended by faculty, have achieved at least 80 per cent in the courses they are tutoring, and maintain at least a 70 per cent average in their program.

Tutoring isn't guaranteed due to the high demand, so students are advised to book as early as possible to avoid wait lists.

"We use a couple of points, one at the start of the semester, one in near mid-terms and then, because the tutor request closes on April 8, we use a little spike in that last week," said Khogeeran.

The Learning Commons offers other services such as study skills and math and writing help for those who don't require consistent guidance.

For more information on the peer tutoring services, visit the Conestoga website or drop by the Learning Commons in Room 2A102.

Students get a healthy education

Daily nutrition tips have been posted on the walls of Conestoga's residence

By MARY LIVERNICE

Modes of irregular sleeping and eating patterns can really mess with students' immune systems.

With exams mounting, students, those residing in Conestoga residences have not escaped the cold and the flu season yet.

Taking part in activities, such as the launching of March, students have been looking to improve their eating habits for spring.

Throughout the week, Conestoga residences have had daily nutrition tips conveniently listed on the lobby for students to see. Many have been seen reading the information and encouraging others to check the up board information.



Photo by MARY LIVERNICE

A nutrition board has set up in the lobby of the Conestoga Residence 4 not far from the Centre to remind students to eat healthy foods and exercise.

Healthy recipes passed in with accompanying ideas.

With the school year spending along and the winter months closing in, students are becoming more aware of the changes their bodies have undergone in between study sessions for mid terms, many are managing time for the gym and eating smaller portions of food.

"Because I'm strapped for time going to school, doing homework and trying to make a few bucks in between work, I

usually end up eating at restaurants that food restaurant is closer to my house," said Nancy Mayers, a first-year early childhood education student.

Eating on and to those had helped to boost her mood. Purchasing healthier foods is more costly and takes time. However, by making time for regular meals and by staying hydrated you will notice subtle changes. The hard part for students is sticking to that routine and following a lifestyle

Upcoming Career Events

Monday, March 14

KDM Consultants (Study in Australia)

10 a.m. - 10 p.m.

Guests: Conestoga, Inside Case #2

No registration is required

Register furthering your education in Australia

Monday, March 14

National Co-op Week

Droptop Co-op #2 and enjoy a glass of Co-op Coffee!

Monday, March 14

Resume & Cover Letter Workshops

9 a.m. and 1:30 p.m.

Guest: Conestoga - 2A111

Registration is required

Monday, March 14

Job Search & Interview Workshops

9 - 4:30 p.m.

Guest: Conestoga - 2A111

Registration is required

April 1, 8 and 9

Rapid Resume Review Clinics

11 a.m. - 1 p.m.

Guest: Conestoga - 140 Athletes' Lounge Level

No registration is required

Note that this is the last opportunity to attend a Flexible Clinic for students who are graduating

Log in to MyCareer to register for the workshops, events and more

(From the Student Portal, click on the "Services" tab)

CONESTOGA

COOP & CAREER SERVICES

I make sure I drink lots of water and keep my meals balanced, especially when I go out to eat.

— Nicole Rafael-Buonvini

"I make sure I drink lots of water and keep my meals balanced, especially when I go out to eat," said Nicole Rafael-Buonvini, a first-year health office administration student. "I like to make sure I get

Share the road, save a life

It only takes a couple of seconds

By VICTORIA SPEDERLIN

When vehicles are sharing and the big red truck is approaching, you best move out of the way. This just seems like it would be common sense. Yet, after a recent accident, one woman died after driving in front of a big truck.

The truck was going through a red light at Merrimack, when the 42 year old woman drove in front, cutting off the emergency vehicle and causing a T-bone collision. This caused her to also collide with another vehicle. Unfortunately, this is not an isolated incident. In 2009, Ontario's Ministry of Transportation reported six fatal accidents involving an emergency vehicle, and there have been many more since.

When a fire truck, ambulance or police car approach us, all drivers are supposed to clear a path for them. But some don't think by then.

These drivers just drive on to the scene, or to the line. What they need to remember is these emergency vehicles are racing to help someone. It could be their family, their friends. It could even be themselves one day.

The fact of the matter is when an emergency vehicle is approaching, drivers are to pull to the right of the road and stop when it is safe to do so. Some argue that in certain locations it is hard to pull over, that there is a change in law. The Ontario Ministry of Transportation states that it is, in fact, the law to pull to the right. At that address can result in a fine up to \$2,000. Drivers should use their common sense and be wary of other drivers around them.

Also, vehicles shouldn't be played too loud and other distractions such as cellphones should be avoided. Remember, it is also illegal to be operating a cellphone while driving. Pulling over only takes a few seconds and before you know it, the truck will have passed and you will be on your way.

The news has often ignored the position of the emergency and incorrectly the author.

Letters are welcome

Spoken welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. All unsigned letters will be published. Letters should be no longer than 100 words.

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The Prime Minister's office hushes reporters out before Michael Ignatieff speaks

It could be their family, their friends. It could even be themselves one day.

Ontario needs a tuition freeze

Government must increase post-secondary funding

We are expected to attend school beginning at the tender age of 4. It is expected to be our last year of primary, and is expected to lead us to higher levels. We are told to get education as public school as we're prepared for the work of a high school, to get good grades in high school so we're accepted at a good university or college, and to work hard at a post-secondary institution as we can start in a legislative career.

The question I have is why at the end of college or university, which is supposed to be our last year of primary, we are expected to get a job. We are expected to get a job. We are expected to get a job. We are expected to get a job.

In Ontario, we pay the highest tuition fees in the country. Why should Ontario pay more than other provinces? Why should Ontario pay more than other provinces? Why should Ontario pay more than other provinces? Why should Ontario pay more than other provinces?



Emily Goodwin
Spoken

In Ontario, we pay the highest tuition fees in the country.

or education

Our education provides us with the knowledge and skills to carry on the rest of our lives. Our education provides us with the knowledge and skills to carry on the rest of our lives. Our education provides us with the knowledge and skills to carry on the rest of our lives. Our education provides us with the knowledge and skills to carry on the rest of our lives.

rise between the Ontario government in providing free funding to the students. Which are then forced to get more money from students. They are also, according to the Ontario Confederation of University Faculty Associations, using fewer faculty members, creating a higher student to teacher ratio which offers less effective learning.

The government needs to step up and increase funding and get a freeze on tuition. Those who have parents wealthy enough to pay for their education, and those who must find a way to pay for their education, are both affected. Those who must find a way to pay for their education, are both affected. Those who must find a way to pay for their education, are both affected. Those who must find a way to pay for their education, are both affected.

SPOKE

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Eight golden rules for interviews

By LISA BURNETT

The more is nothing, the rules are perfect enough for the real and that happens or doesn't or almost or your hands.

During the glass half full moments, students like to think that this paper will guarantee them a job, then they will get up, or fall into their laps. After all, they've had years of encouragement and positive feedback from reading teachers. Certainly, graduation will be like you know, where employers line up and, one by one, pick which student they want on their team.

In the less than full moments, they see a forest of redaction, waspish pilot, with the psychopaths banded over to OSHA?

And, in other, more neutral moments, they simply don't want to think about it.

But, for many business students through the halls between Monday and Friday, that frustrating 15 word is coming: Graduation.

And although the word may bring up a lot of relief and dreams of a life without homework, schedules and tests, there's still much more work to be done to make sure that your educational investment has been worth it. Work such as updating a resume, searching out positions and selling yourself.

Students prone to apathy, many students will be heading into professions that they are sure to, competing against people who have up to 30 years in the industry.

But, students may have an advantage over those more experienced for what they lack in experience, they make up for in fresh ideas, different perspectives and updated skills.

And they haven't yet had a chance to develop any bad habits.



PHOTO BY LISA BURNETT

Lori Skelton, manager of Career Services and Advisor at the Davis campus of Cerritos College, says one of the best things students can do when it comes to job hunting is to research the company.

"(Employers) can train them, the way (they) would like them to do the job," said Lori Skelton, manager of Career Services and Advisor at Cerritos's Davis campus.

"(Students) haven't been paid by any employer before, even in the field and they're a lot more open-minded."

1. Use what's available to you, especially when it's offered at no extra charge.

"Most of the time, I checked students' links to their school."

And Linda Skelton, owner of Burnett Career Services at Redlands. Part of the tuition at Cerritos goes toward the Career Services program, which is why Skelton suggests that students take advantage of it.

Career Services does not use on-line resume and employment software, workshops, speed-dating clinics and posts job ads on the My Career tab on the student portal.

"They are also available for career advancement for up to six months following graduation, for former students looking into attending more college at Cerritos. Alumni can also take part in the college's workshops and have access to job postings at careers.cerritos.edu."

2. Prove you can follow instructions.

Don't only produce your resume and cover letter, but the application instructions as well. Many businesses have online applications so it's important to follow instructions, upload the

resume and fill out the application to the company's portal online.

3. Network, network, network. But do it well.

"You've got to be clear about what it is you're looking for," said Skelton. "It's not going to be many people know someone."

Using social media can help, but only if it's used properly. Currently there and more, employers are looking out a candidate's online profile, flipping through last

week's party pictures and scrolling through pictures in the social updates. Make sure that you're comfortable with a potential boss browsing through your past.

4. Know everything there is to know.

Walking into the interview, it's better to be caught over prepared, rather than under prepared.

To her clients, Skelton suggests that they find out when a company does their business, where they're based and what the current issues are. Use this research to target your resume to get better results and a job of real interest to you.

If you're applying from several companies, never get going to get a response," Skelton said.

And it doesn't hurt to put the time into a couple of other manual interviews, to find the best fit for you.

"Speak with someone in the field. Find out what the challenges are," said Skelton.

5. Walk in with your head up, high, your back straight and a smile on your face.

Another reason that it's important to research the company is that it builds confidence in the interviewers. You know what to ask and how to stay on topic.

And when you know what you're talking about, you avoid sounding like a know-it-all.

"Sometimes people will answer a question in three words and that's it. They need to find a way to share the culture," Skelton said.

Showing up prepared with a lot of questions and doing research are keys to showing the interviewers that if you don't understand something, ask for clarification, it shows that you're willing to learn.

6. It doesn't matter how much of a job your last boss was.

Building your last employer will only make you look bad. Before then, telling stories about how you were treated unfairly, how you didn't get along with a co-worker or how you rolled your eyes every time your boss spoke.

That being said, do express your discomfort and bad habits as something you've acknowledged and are working on, learning a negative into a positive.

"You need to be realistic, not professional and present your weaknesses," Skelton said.

7. Pessimism is not, respect is.

"The biggest complaint we've had from employers is that students don't come around professionally," said Skelton. "Even in the big days by dress code, wear a shirt top only or no underwear and then your pants are before walking through these doors."

And career advice again. "Even if a company has a very laid-back atmosphere maintaining a professional look is essential. It provides instant credibility and signals in the interviewers that you take the position seriously," Skelton said.

8. Mind your manners.

You don't have to provide it, but don't have them give you the opportunity. Send a thank you card, be courteous and grateful for their time.

"Smiling and shaking hands go a long way," Skelton said.



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Women's celebration a blooming success

By ANSELMA HUGHES

In honor of the 100th annual International Women's Day, Connecticut College held its 10th annual dinner and social on March 7 with proceeds going to support computer technology development for Lesbo, who works as Disability Services at the Deer campus.

Lesbo had her partner Lynette Young, an Feb 3 life science high school senior, after they traveled to Mexico for the holidays and Young contacted the HHS in the state.

Young, a clinical manager at a Hartford area nursing center, was described as a compassionate woman, in a Feb 3 Waterbury Region Board, which

"She spent her life helping others people," said Lesbo.

While Young earned his B.S. in Public Health, Lesbo had her degree in social development, went to the University of Waterbury, and later got her master's in social work. At only 50, she was planning to pursue a PhD before she came down with the virus.

Lesbo's insurance did cover a lot of the medical expenses, but she has and been left with several large bills for the treatment of Young at HHS.

Every year, the organizers of Connecticut's International

Women's Day dinner choose a woman clearly or landmark to which they devote the proceeds of the event. This year the Lesbo-Kramer Center staff organized the dinner.

"We decided to support one of our own this year," said Lesbo, who is the manager of the LSC. "We wanted to keep it in the family."

Well-informed women

recently make history

— Laurel Thatcher Ulrich

(from a article show

at the event)

International Women's Day has its roots go back to the turn of the 20th century. According to the United Nations, women were considered with the oppression plain in that time, in 1908, 15,000 of them marched through New York to fight for better pay, shorter hours and voting rights.

It wasn't until February 1908 that their march showed progress, and the Socialist Party of America declared the first National Women's Day, which was held on the last Sunday of February.

The following year, the

Socialist International, while meeting in Copenhagen established Women's Day as an international holiday to honor the movement for women's rights and to stand in solidarity with women's rights.

In 1912, two major tragedies changed the course of women's rights forever. On March 25, New York City's Asch building burst down due to the Triangle Shirtwaist Factory fire. A parents or match that had not been properly extinguished caused a stamp of labor in a sense limited to such fire. Due to safety working conditions 146 people perished and 500 of them were young Italian and Jewish girls who had emigrated to America.

Less than one month later on the night of April 14, the RMS Titanic struck an iceberg and sank into the Atlantic Ocean, approximately 1,515 kilometers north of Newfoundland. Due to a women and children first policy many women were among the 710 saved, while 700 husbands perished.

These horrific circumstances caused women to fight for equality in the workplace as well as the power to decide their fate for themselves. International Women's Day



Photo by ANSELMA HUGHES

Laurel Thatcher Ulrich, left, joined with most of the event organizers, Rachel Goldstein, Leslie Goldstein and Susan Wright-Giles, at the 10th annual International Women's Day dinner and social held at Connecticut's historic restaurants on March 7.

was then moved to March 8, and has been celebrated on that day ever since 1975.

In honor of the event and to celebrate the 100th anniversary, the LSC held the dinner and social at Bloom, the college's student-run restaurant, in Waterbury.

"I just wanted the place to hold it," said Thatcher. "Especially since it's the 100th anniversary — it was perfect."

A disk show was played during the evening, featuring a mix of quotes from famous

women in history. Inspired by messages mailed from Nancy Drew and Anne of Green Gables to Frances Perkins and Laurel Thatcher Ulrich, a professor at Harvard University.

"I was quite the evening," said Thatcher. "I was quite the evening," said Thatcher. "I was quite the evening," said Thatcher.

"The dinner sold out, and approximately 1,400 were raised to support Lesbo."

"It was a definite success," said Thatcher.

Clothesline Project raises \$200 for Anselma House

By LAURA BENNETT

When T-shirts were passed out at the world community, equality, love and family and being from the basement at the stadium for all to see in celebration of International Women's Day on March 8.

However, students didn't discuss the T-shirts just for the color. The T-shirts carried a special message.

The initiative, called The Clothesline Project, was held by Connecticut's Student Life Department and the Respect Campaign student committee.

"This event is to raise more awareness about healthy relationships and to help to educate women," said Ryan Connell, Student Life president.

The Clothesline Project has been happening on college and university campuses around the world since 1989.

People could discuss a T-shirt for a minimum duration of 10. If people didn't have time to do it, they were still encouraged to discuss, said Danielle Hughes, a Respect leader.

All proceeds went to Anselma House in Waterbury.

a refuge for women in abusive relationships who are currently victim.

"It's a house for families, women and children to get away from bad situations," said Hughes, adding that they provide basic needs such as toothbrushes for women who needed to escape in the middle of the night.

"I think it's definitely a place to be in a sense as much as it is a house for families, women and children to get away from bad situations," said Hughes, adding that they provide basic needs such as toothbrushes for women who needed to escape in the middle of the night.

"I think it's definitely a place to be in a sense as much as it is a house for families, women and children to get away from bad situations," said Hughes, adding that they provide basic needs such as toothbrushes for women who needed to escape in the middle of the night.

The Clothesline Project was first held in 1989 at Connecticut College by the Women's Resource Group. Since then, the Respect Campaign has taken over the project and it has also been a part of Respect Week there.



Photo by LAURA BENNETT

Christine Angell, a first-year student administrator, is shown, showed all the change from her wallet in order to discuss a T-shirt on March 8.


was during the last week of March.

But organizers wanted to make The Clothesline Project an even event and contact a place in International Women's Day which was celebrating its 100th anniversary.

"Healthy relationships are important for everybody. It's really important to get the message out to the college community," said Hughes. "It's important to bring it to the forefront. Good!" said, adding that The Clothesline

Project is "a big lightbulb" but it gets the message out.

The project raised \$200 and Connell said they had run out of T-shirts by the last 50 minutes. He was happy with how popular the project was and how well it went.



WHAT'S THE REAL COST OF CONTRABAND? QUEL EST LE COÛT RÉEL DE LA CONTREBANDE ?

Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

contrabandconsequences.gc.ca

L'achat de cigarettes de contrebande coûte plus cher qu'on le pense : il alimente d'autres activités criminelles comme le trafic d'armes et de drogues. Les individus pris en possession de cigarettes de contrebande s'exposent à de graves conséquences, allant de l'amende jusqu'à l'emprisonnement.

consequencesdelacontrebande.gc.ca



Government
of Canada

Gouvernement
du Canada

Canada

Chef continues his winning ways

By NARAN BHAKTARA

Many students at Concordia College are aware of the various foods available at the Dine, Daphn and Winesap companies, but what many likely don't know is that the items in these shops, as they prepare that food for us.

I recently posed questions chef Kai Raughter for lunch, and it didn't take me long to realize that these are the best-looking, for good food on campus are in good hands.

"Today you're getting the full meal deal, just as you know. Raughter told me as I got myself ready to eat at his weekly prepare one of his daily features. The meal consisted of pork tenderloin medallions served with an apple dore, complemented by roasted herb potatoes and seasoned vegetable wedges. A

raspberry cucumber salad with a raspberry vinaigrette was also included and though this meal seemed like it was going to be more than satisfying, I had to make sure I had room for his apple dore. I found out that some honest eater were and are over.

After watching Raughter do, actively prepare the plates, the two of us and his daughter, Sonja Dore, sat down to taste this terrific meal. I also found out more about his background.

I got involved with a chef competition in Port, he said, explaining that this was one of his more recent endeavors after spending most of his life as a Vancouver. "What happened was the police chief and a bunch of people - this was the seventh annual event - put on a celebrity competition. They bring in anywhere

from 20 to 30 chefs and I happened to be the new guy arriving from Vancouver. I didn't really know about it and ended up winning the competition."

Raughter, who produced years ago from Pierre Duboulet, a French culinary school in Vancouver now works for Compass Group Canada - the largest food service and support service company in the country. His victory at the 2009 Celebrity Chef competition, gave him the title of 2009 Celebrity Chef for the Port Hoppers and was long after he was featured as a regular guest on Rogers' *Imaginer* in Port.

"That I came to Concordia to meet my family - I have some cousins out here - and I surprised an old that Compass had the Chantrelle here at this college. The rest is history," he said. Compass

Group Canada is the parent company that owns Chantrelle, an organization which provides carefully planned and well balanced meals for younger population.

As Dore and she with Raughter and I, she said that the daily features such as the one I had the honor of one evening are specifically made to be both nutritious and affordable for students on a tight budget.

"As much as Kai and I would love to have students in our good food all the time," laughed Raughter, "that's not going to happen. Students are going to eat what they want to eat. The best thing that we can do is prepare what we can offer them and hope that they'll buy into it," she said. "That's never been traditionally a very business-like thing. We've just started incorporating that as of two

weeks ago, so that will be looking at the food program as quite a bit even now."

Raughter, who makes a feature a day, has also offered to take a break from his daily dinner check, to give us a look and listen, and they're all available by 10:30. Dore and when Raughter first came to Concordia College, he meant used to cooking for students. But he was amazed that the opportunity existed here.

"I love it" and Raughter "It's a passion. For me it's not a job. I try to make all the time. They put me in to this and I can't believe it. I'm a working chef. I really enjoy the cooking side and one time just the idea of having a customer turn around and say, 'Wow, that was awesome. That's to be the most exciting thing'."



Chef Kai Raughter lights up the kitchen on March 24 as he skillfully prepares one of his daily features - pork tenderloin medallions served with an apple dore, seasoned herb potatoes, seasoned vegetable wedges and a raspberry cucumber salad with a raspberry vinaigrette. Raughter's right is a close-up of his raspberry cucumber salad with raspberry vinaigrette.

PHOTOS BY NARAN BHAKTARA

OPEN MIC NOONER



POETRY COMEDY
DANCE SING
YOUR TALENT

TUESDAY, MARCH 29TH
SANCTUARY 12PM - 1PM

SIGN UP TO PERFORM AT THE CSI OFFICE, ROOM 2A106

CONESTOGA
STUDENTS INC

FROM BERLIN TO KITCHENER

By ROBERT CONY

What is now the city of Kitchener was once a land of dense brush, swamps and mud flats. That was more than 200 years ago. The city has come a long way since then.

The land on which Kitchener now sits was part of a large tract not sold by the British Crown as a grant to the St. Maurice Indians. During the American Revolutionary War, that region's confederacy sided with Britain, but when the U.S. won the war they purchased loyalist Keweenaw by expelling them from the eastern United States. Many of those expelled settled along the Grand River, a territory not made by the British to reward their loyalty to Britain 1799 and 1798, the St. Maurice Indians sold off a portion of their land to Colonel Richard Bevelly.

While the land was located about east of the time indicated on the map of the time, Bevelly's purchase appeared to a particular group of Pennsylvania German Mennonite farmers who were looking for inexpensive land and freedom of worship and belief.

Initial settlement by the Mennonites took place here as that time, probably largely because that area was for

land from the lakes and consequently rather isolated from the rest of British Canada. This appeared to the Mennonites," said David Mordell, who is an associate of the Waterloo Region Museum.

A small group of Mennonites, members of the German and Dutch families, learned of Richard Bevelly's tract of land. By the end of 1800, the first permanent non-native settlement was established in what is now the city of Kitchener. Soon afterward, a group of Mennonites pooled resources to purchase all of the available land from Bevelly, dividing the land into 120 farms.

Joseph Schneider and his family were some of these early settlers. He, his wife Barbara and his five children came here in 1807.

Mennonites from Pennsylvania, the Schneiders arrived to find an unimproved landscape of undrained bog, swampland and mud flats. Despite this, the Schneiders built a house for themselves that still stands today. The building now serves as a museum and site where it was originally built on what is now Queen Street South. Many of Kitchener's current residents descended from these pioneers.

"We often get kids coming in for tours and saying 'My great-

great-grandfather,'" said grandson Scott Kyle Smith. Local schools teach the story as regularly.

Population growth and good building helped establish the beginnings of a town center that would become a border town. Berlin in 1825, in honor of the nation's German heritage. The Mennonites' German language and their tolerance for other religions and cultures attracted many German-speakers to the town. According to Mordell, German, Lutheran and Catholic sects began arriving in the area.

Major change came in 1856 when the Grand Trunk Railway was extended to Berlin, opening up the area completely to Canadian society and to future industrialization.

The Schneider house, though built in 1810, is currently deemed as if it were 1840. Tour guides were the guests of the time and the modern exhibits are stocked with things such as wheat cups and coffee grinders that would have been very difficult if not impossible to come by prior to the railroad. According to Smith, the railway would have drastically changed daily life for those living here.

"Before the railroad, the family would have to get everything from places like Toronto, Ont.," said Smith.

From the railway, the Kitchener area could only be made a few times a year.

By the end of the 19th century, Berlin was established as a major cultural center. The city housed libraries, theaters, museums and a church to provide social gatherings.

When the First World War broke out in 1914, the city was forced to close to Germans with the German heritage. With Canada now at war with Germany, closing the name Berlin with the German capital was seen as an embarrassment. Many Germans in the area felt pressured to distance themselves from German culture.

A certain percentage of the local population became violently patriotic and pressed to address and remove any vestiges of what they felt to be "too German," said Mordell.

According to Mordell, the pressure was compounded by the restoration of the 19th-century Berlin as the area's heritage. According to Mordell, the pressure created an atmosphere of intimidation.

In 1904, following much debate and controversy, the name of the city was changed to Kitchener, after the British field marshal Lord Kitchener, who was Secretary of State for War and his death on June 8, 1916. Kitchener had

served in the British military for many years and was renowned for his imperial campaigns in India.

"It could be argued that the majority of the population (together of German or British heritage) at the time did not favor a name change from Berlin to any other name. However, with the outbreak of the war and a certain amount of patriotism on the part of the 19th-century Berlin, it was being recognized as Berlin at the time, the change nonetheless was voted on and took place," said Mordell.

Mordell also said that only a small percentage of the population showed up to vote on the name. Alternative names included Berlin, Kitchener, German, German, Canada spelled backwards and Berlin. Kitchener won by a small margin.

The museum that had marked Kitchener in the First World War did not return during the Second World War. By 1945, Kitchener had become Canada's fastest-growing city and was one of the country's leading industrial centers.

Today, the city pays homage to its German heritage by listing one of the world's largest Oktoberfest celebrations outside of Germany.

BRITONS



YOU

JOIN YOUR COUNTRY'S ARMY!

GOD SAVE THE KING

PHOTO BY ROBERT CONY

This little-remembered Lord Kitchener's War-era poster was a part of an aggressive campaign by Britain to recruit soldiers during the First World War.



PHOTO BY ROBERT CONY

In the cellar of the Joseph Schneider House, guides are given to the families they would have lived in the 1850s. Though a family they would be completely isolated, they are kept above ground as visitors and also the

Student sizzles on music scene

[illegible]

If there are dogs around, make sure making team making tracks and playing

Amber Long, a first-year student in media communication, says she's at Gonzaga College has a right life, she's a something about life's making beauty in the international arena.

Long makes electronic music with strong dense beats and metaphorical sounds. "If there are lyrics, they're well thought out, and if there are no lyrics, then it's actually the instrumentals that speak," she said. "You can find the answers in the drums."

as in the case of everything.
Sometimes you don't have to
own a business."

Starting in 1994, Long gave spoken word performances at the time. She was working at a local FM at the CRSN radio station, where she met the Mail Orderman owner. The owner recognized her talent and provides women with funds to help jump start their careers. That owner funded her first album, *In Motion*, by the Louisiana Bayou Project.

Since then, she has released three more albums: *Mirage* in June 2006, which was a combination art display, book and album; *Diary of a Suburban Diva* in May 2009; and *XIII* which was released

Class 100, 1000 and 10000 are referred to as "microbial grade" and 100000 is referred to as "ultra-pure".

Currently she is using the computer program *Abilene*. Love has not her books and now, it is a new machine for music (2000).¹¹

When asked about how she got involved in the electronic music scene, Long was blunt: "I didn't even know I could do it. It's just a whole of experience. It's just one whole I use to express myself." Long proclaims she is not an excessively social person, so she uses her music to push her energy out into the world.

"I believe that writing is power
 as long as acknowledging the
 history that you're having."

"When asked about who supported her in her school days and spending enough time to work through their struggle to make them stand pretty because they can be pretty almost sometimes," and Long

gram, Long mentored her program director Tam Bishop. She said he was very encouraging and understanding, and that he let her use the resources provided by the media center to produce fundamental programs to help forward her career. Long describes herself as a grateful pig when it comes to her own opportunities.

long leaps into mass alien-
ation but now when she's writ-
ing her music. She was in-
spired by what her friends
told her. The first song I
wrote like an outcast was
going to read what was com-
ing out so that the world got
her truest emotions on paper
and the world was to always
remember what she put out.
The problem "I try to cater to
everyone's needs" and long
She does this by writing her
emotions in code for the
world and those true


put it in position upon the wheel
and connect it to the pulley

Long as a busy woman beyond the means, she is her own promotions company, advertising and in charge of all her concert bookings. She is a one-woman band in regards to her musical career. She uses a lot of mass media and makes a lot of cold calls to venues to promote herself, and it's never off.

The two show shows cutting up in the near future, starting from Rochester to Toronto and New York City. The Rochester March 26 show will be taking place at Maxwell's Music House as part of the Aphrodite Series in support of the Hospital of Hope which supports the Red Cross and AIDS.

Lang is a determined non-partisan realist, and has the advice for anyone trying to get into the business, "Do what you got to do but put the blinkers on and so for it."

You can receive Lang's newsletter www.hondalife.com/subscribe_lang or via gary@hondalife.com



HEALTH & WELLNESS WEEK

MON

TUES

WED

THURS

FRI

HEARING SCREENINGS

11AM - 1PM

Interactive Games, Displays and Activities hosted by the
Pharm & Health Promotion Program
and
Oral Health Promotion Program

BE A HEALTHY STUDENT?

10AM - 2PM

Interactive Games, Displays and Activities
hosted by the General Info & Incentive
- Health Option Program

HEARING SCREENINGS

11AM - 1PM

Participate in free hearing screenings!
Find out if your teeth is affecting your hearing!
Hosted by the
Hearing Instrument & Specialist Program

BLOOD PRESSURE CLINIC

9AM - 11:30AM

Get your blood pressure checked!
Hosted by the Medical Nursing Program

THINK ABOUT IT!

12PM - 3PM

Interactive Games, Displays and Activities
here to support RDS, hosted by the
General Info & Incentive
- Health Option Program

GET YOUR HEARING CHECKED!

11AM - 1PM

Participate in free hearing screenings!
Find out if your teeth is affecting your hearing!
Hosted by the
Hearing Instrument & Specialist Program

BLOOD PRESSURE CLINIC

9AM - 11:30AM


Get your blood pressure checked!
Clinics available in the Student Life Centre.
It's free and it's from Canada's
hosted by the Medical Nursing Program

HEALTHY EXERCISE!

12PM - 2PM

Learn about health partnerships
hosted by students in the
Business Admin -
Marketing Program

Hosted in
partnership
with



MARCH 14 - 18 AT DOON CAMPUS

IN THE STUDENT LIFE CENTRE

[illegible]

Just go see it!

by JENNIFER HARRIS

People don't expect much from an Adam Sandler film, other than raucous humor. In the new comedy, *Just Go With It*, a spoiled son (including Jennifer Aniston, Nicole Kidman and Mark Strong) prevails just that along with a host of movie hits, acting and a few memorable and quotable moments.

In the game Daniel Meehan (Sandler) a plastic surgeon, is a playboy using a fake wedding ring as a bait magnet to score with lots of women. However, he comes up with a better idea: he may as well use a beautiful young blonde named Palmer (Brooklyn Decker) and believe she is the one for him. However, when she catches him go-broasted with his "wedding ring" she confronts him and Meehan is forced to stretch the white of all white lies he has ever told. The grand of late "You getting a divorce?" leads Palmer to wanting to meet the mistress as well to give her parents to know a relationship with Meehan. "Dad," as his friends call him, gets his moment

Movie Review



Katherine (Aniston) to play the movie. Things soon take a turn for the worse as she discovers a call from her kids in front of Palmer, so to make things more interesting, two kids are added to the mix who know a thing or two about Meehan.

Fortunately Katherine's daughter Maggie (Dakota Medcison) is an aspiring actor with an off trope British accent, so she and Michael (Dustin Diamond) play along. Secondly the whole movie is based around a small white lie that soon has everyone saying "Just go with it."

As the period to get family heads off in Hawaii is near, with children in a result of Michael Meehan's (Sandler), his cousin Eddie, also known as a German ship chopper named Duke (Lindsay Lohan), join along on Katherine's boat. Just when the movie almost

has you believing Sandler is once again, the writers throw you another curve ball as Katherine's college rival Derek (Richard) shows up to try and one up her every move.

The "Just go with it" attitude strikes Katherine as the movie. Sandler's to play her pretend husband to show Derek how happy and successful she is. The comedian is one of the few designed moments between Aniston and Sandler, as they score deep into each other's eyes and say the things they love most about one another.

Now, it wasn't a total shock that after the escape that feelings would start to occur between the two. You can pretty much guess how the movie ends.

The film contains a lot of laughs, that worked well with the storyline. Sandler had his moments of charm, Aniston, in becoming surprisingly believable and Aniston wasn't her usual Rachel Green character.

Just Go With It was surprisingly funny, a sitcom I thought wouldn't interest me but kept my attention throughout the entire film. I give it four out of five stars.

Calling all nerds

Video Games Live returns

by JESSICA BROWN

Something exciting is coming back to Center to The Square and it may be just what nerds are looking for.

Video Games Live is a game concert, featuring music from some of the most well-known video games. It was created and produced by industry veterans and video game composers Timothy Tolin and Jack Wall.

The Video Games Live web site, www.videogameslive.com, says at the event attendees will be shown from around the world will play in a hall of thousands of video games from past to the future. Synchronized lighting, live action and music will arrive segments in video, live explosive, one of a kind and interactive experience.

Some past music includes: Mario, Zelda, Halo, Dances of the Dragon, and Proger. A few lucky audience members will be invited on stage to play a video game while the orchestra plays simultaneously with them for a chance to win prizes. Video Games Live was

founded in 2002 to show the world how culturally significant and creative video games have become. Tolin and Wall wanted to "Create a unique entertainment experience for the non-gamers and casual gamers as well. They wanted to show an audience that is not usually interested in gaming video."

The performers also understand that symphonies around the world are struggling to perform a younger crowd and felt that this type of concert will help draw young people to the symphony.

"We are coming from the idea that they are expecting a younger demographic. We are not part of their mainstream education. This is not the first time the show has been presented at CTR. It was first in June 2009," says Nicole Ascholine, director of programming and marketing of Center to the Square.

Video Games Live is being held on April 27 at Center to the Square. Tickets are \$35 to \$65. Visit www.videogameslive.com for tickets and times.

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DAVENPORT
UNIVERSITY

Tax time is coming, are you prepared?

by PAUL LYONS

It's coming time to render unto Caesar, but a tax cut credit on 1041R (which students often don't know what they can and cannot claim).

The 1041R form is now available for download from the Comptroller website's student portal, but students are under the wrong impression that they will get them a large refund, said Ron Lyons, an audit clerk under tax procedures.

"It's a non-refundable credit, which means it reduces the tax you pay on your income, but it doesn't give a

refund," he said.

Many students, especially those without jobs, would actually get the most out of their 1041R by either making up to claim a credit they have a larger income or by transferring the credit to a parent, grandparent, or spouse, to a maximum of \$8,000.

"The big mistake you can make is not lower their taxes," Lyons said. "It has to be the student in the tax year it's for, though, so do it by Dec 31."

She added that if you have a spouse, and he or she can claim you as a dependent, then that person is the only

person you can transfer the credit from your tuition to.

The 1041R also contains the tax amount you can claim for a textbook allowance, which is based on whether you are a full-time or part-time student. Lyons also said that if you are taking a full-time course, and want part-time classes on the side, you can't claim both.

"The month cannot overlap," said Lyons. "If you are taking full-time courses, and you take some part-time courses at the same time, you can't claim both."

Students living in an apartment or home can

claim that on their taxes unless they live in residence. Students who live in their dorms can't claim that as an expense, due to the fact that for the most part, colleges and universities do not pay managerial taxes.

So, if you spent \$4,000 on rent at the residence, you're out of luck as far as claiming that goes," said Lyons.

If you received income, or an honorarium, from a co-op placement or internship, you might have to claim that, though Lyons said it is up to the employer to make sure you were aware of whether you had to or not. The first \$1,000 of the honorarium given to volunteer firefighters is non-taxable income.

Don't forget you can also deduct the tax credit, like tuition, but if you own a car you are on your own since it

counts as a personal expense.

If you have more non-refundable than credits, you have to claim tuition first, and then you can claim things such as charitable donations. However, you can keep charitable donations on file for up to five years.

Medical expenses have to be over 10 per cent of your net income to claim them. If you had the option of paying for dental coverage under the school medical plan, that counts as a medical expense.

Lyons has a personal interest in making sure students get the best deal possible out of their tax return. Her daughter was a student at Comptroller College in the computer software and IT support program for four years. Students can get more tax tips at www.taxtips.ca.

Be the difference.

RESPECT WEEK

Monday March 23rd to Friday April 1st

SMILE DAY

Monday

Just a smile can have an impact!
Celebrate with the Respect Student Committee how a little positivity is different.

WALK A MILE DAY

Tuesday

What's it like being in the shoes of someone different from you?
Learn about some of the experiences and challenges of other Comptroller students from the perspective of your Respect Partner!

DIFFERENCES DAY

Wednesday

Celebrate the differences in respect between cultures!
Report by the English Language Studies. Local TV positive celebrate who respect looks like in different cultures!

POSITIVE DAY

Thursday

How can you brighten someone's day with a positive act?
Get some ideas of positive acts of kindness you can perform for your friends, classmates and teachers to show how much you appreciate them!

GAMES DAY

Friday

It's April Fools! Come play with us!
Play the interactive Respect games in the lower dorms and explore the importance of respect!

11AM - 1PM DAILY
DOON CAMPUS

www.comptroller.ca/respect

Hosted by
Get Student Life
and the
Respect Student Committee

SHE'S SO HEAVY ... SERIOUSLY



Photo by Brian Thomas

The statue of Queen Victoria in Kitchener's Victoria Park had a 16-ton crane brought in to disassemble following a accident on the weekend of March 6. The 26-foot high, 75-tonne statue was placed in the park to show loyalty to the Queen when the city changed its name from Berlin to Kitchener in 1939.

Speculation or revelation in 2012

Shedding some light on the doomsday predictions for the year to come

By THOMAS FARRER



There has been much speculation about the upcoming date, Dec. 21, 2012. Mainstream scientists and pseudoscientists alike have theorized that events will transpire that will alter the trajectory of the epoch, the age, and the influence of the Earth's north and south poles will switch, others believe there are coming to either destroy or save us while still others think it is the end coming, with God returning to cast his final judgment. Heck, maybe it was a huge ploy to promote 2012 starting this October. Maybe, so that they, we will discover that nothing will happen at all.

A lot of the speculation derives itself from ancient texts and archaeological discoveries, while some is simply horror.

For decades, scientists and astrologers worldwide have been aware of the end of the world. In fact, many of the ancient texts, notably, the Bible, the Quran, and the Vedas, have been predicting that their present representations of our gods have been created interpretations of existing ideas. As outlined in Graham Hancock's book, *Signatures of the Gods*, the origins of monotheism such as Christianity, the gods stories as Hindu, Islam, and the Mayan gods, may have been created by the ancients and now theories have been put into place that these writings are all a result of "ancient aliens" who descended to earth and gave us their knowledge and wisdom to protect our souls of malice and evil, creating. Some even speculate that these "ancient aliens" appeared through our DNA with Neanderthals, now having actually been with them for tens of thousands of years, but in Dec. 12, 2012, others think more people seem to be waking up to the idea.

In brief regard, to the theory, one scientist showed his entire life is proving it. Arthur (who died in 2010) was one of the few people who could read ancient Sumerian. In his book, *The 12th Planet*, he states that there is a 12th planet in our solar system (28 of you know. Ceres and Pluto is planets, which most astronomers do not follow) which houses our alien ancestors (are with you, this gets interesting). He states, from his translation of ancient Sumerian stone tablets, that this planet has an elliptical orbit between Neptune and Pluto that only makes a reappearance every 2,600 years or so, explain. He says he haven't noticed it for the past thousand years. He believed that this planet housed our ancestors before the Anunnaki, and that Dec. 31, 2012, marks the date of their return.

"I feel this something amazing," said Mike Lee, professor of physics

and astronomy at the University of Waterloo.

"There are now officially eight planets and two dwarf planets in our solar system. We observe countless other planets in our galaxy some of which might be the destruction that previous epochs of."

Others have speculated that an asteroid will crash into Earth close to our sun, but this appears to be a fallacy.

"There are hundreds of asteroids that hit Earth daily," said Rich. "There are literally hundreds of thousands of asteroids hurtling themselves towards Earth as we speak, only one of which seems to be anything close to being catastrophic, and that can't be reaching us for another thousand years or so."

Speculation surrounding the date has taken a variety of its role in the mainstreaming long must calendar, popularized in the Mayan calendar.

The Mayan's the ancient civilization that lived in what is now modern day Mexico created a calendar that started 2,300 years before their civilization's opening, creating more to the idea that aliens gave them the stars and our date. Their calendar operated on a repeating system, which works just like the decimal system, but has a base of 18, instead of 10. It has been concluded that their calendar spans a plausible scale on (your personal) Dec. 21, 2012. Not only is this time what happened, but, depression such as Ancient Athens says that Mayan archeology supports the theories of ancient aliens visiting Earth. Mayan glyphs and manuscripts such as the Mayan prophecies in the *Popol Vuh* all have concepts that suggest what look like gods, or what some have interpreted what look like men in spacesuits.

That is not the only culture in the world that have suggested destruction to come — there — gods. The

Egyptians, the Egyptians, the ancient Sumerians, the Babylonians, and countless other civilizations all have manuscripts and artifacts that suggest such come would say undoubtedly come.

"Sometimes though the simplest explanation is the best," said Rich. "Most likely the Mayan version."

COUNSELLOR'S CORNER: Stress and Stress Management Part 2: Coping with Stress



In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.
- If you failed the first test of a course, decide what you can do to increase your chance of success next time.
- What can you change? Can you read or eliminate the stressors? Are you working too many hours? Is this interfering with your school/work goals?
- Can you reduce the intensity of your reaction to stress? Are you making it difficult situation a disaster?
- The presentation is only 3 minutes in length and worth 3% of your grade.
- Can you take better care of yourself: building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health.
- Get out of bed in the morning routine.

Having mutually-supportive friendships, setting realistic rather than performance goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counselor in Counseling Services

ST. PATRICK'S DAY NOONER



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SANCTUARY FROM 11AM - 2PM

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